

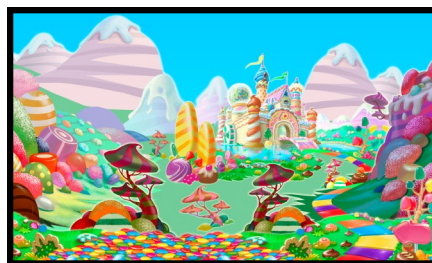
**The MSU 4-H
Extension office
moved!!**

We're now on
the 2nd floor of
1108 S. Main St.;
directly south of
where we were
before.



2014 Flathead County 4-H Foods Fair

4-H COUNTRY CANDYLAND



Kalispell Center Mall

At the 4-H Foods Fair, 4-H members show off their best culinary skills and clubs from across the county come together and compete for best display.

Everyone is welcome to join the fun!! Even if you don't make anything, come out and see us!!

Saturday January 18th

Everything in place by 9:30, Judging Begins at 10:00

You can make one or two items, but each needs to come from two different categories below (other than adults). Entry forms can be found on county website.

- | | | | |
|--------------------------------|----------------------------|--------------|-------------------------------|
| • Main Dishes | • Soups/Stews/
Chowders | • Appetizers | • Side Dishes |
| • Salads | • Cloverbuds | • Cookies | • Other Desserts |
| • Beverages | • Pies | • Snacks | • Baked Cakes from
Scratch |
| • Decorated Cakes/
Cupcakes | • Yeast Breads | • Candies | • Quick Breads |
| | • Adults | | |

Market Livestock Project

To participate in the NWMT Fair market sale, Market Livestock project members (sheep, hog, beef) must comply with the following:



- Be **enrolled and in good standing** in an active community 4-H Club and be working closely with a livestock leader.
- Submit a signed copy of the **Market Livestock Commitment** form to the Extension office by the deadline listed.
- Participate in **Livestock Quality Assurance** training once as a Jr. Member & once as a Sr. Member (Jr. members = 8-12; Sr. members = 13-19)
- Attend a species-specific **Seminar** during your first year of taking that market project. All members are welcome to attend seminars; however, it is mandatory to attend in your first year selling that species.
- Ensure that your animal is **weighed & tagged** as dictated by the program. Tagging paperwork must be completed & turned-in as well.
- In July, complete & turn-in a signed copy of the **Commitment to Excellence/Drug Withdrawal** forms (this is a two-sided form). Indicate the ear tag number of the animal you're taking to fair on this form.
- In July, have **updated records** for your market livestock project and one other project reviewed.
- By Aug. 1, **register your fair projects with the fair office** by completing fair paperwork; either in person or online (go to www.nwmtfair.com for registration info). *Be sure you give the fairgrounds the same tag number that you declared on your commitment to excellence/drug withdrawal form.*
- Be sure to have your animal at the fair before the designated **veterinarian health checks** and follow all fair-ground rules & expectations.
- All animals will be weighed on Monday of the fair. No one is allowed behind the barriers during weigh-in except for the 4-H member's whose animal is being weighed. If your animal doesn't make weight, you can keep it at the fair and do showmanship competition, but you will need to have it removed from fairgrounds by 6pm on Weds during the week of the fair.
- If you sold in the market, photos of you and your animal will be made ready for you to take to your buyer after fair. The **buyer's thank you form** needs to also be taken and signed by anyone at the buyers location. This form must be returned to the Extension office before the 1st Monday in Dec.
- **Annual Awards Ceremony** will take place at the end of Aug/beg of Sept. Be sure to attend this ceremony so you can be recognized for all your hard work and support others who are being recognized. Afterwards, be sure to thank all sponsors of awards that you received.
- September is the last month of the 4-H year. During that time you should have your records and bookwork for all **4-H projects complete and submitted**.

Horse Project

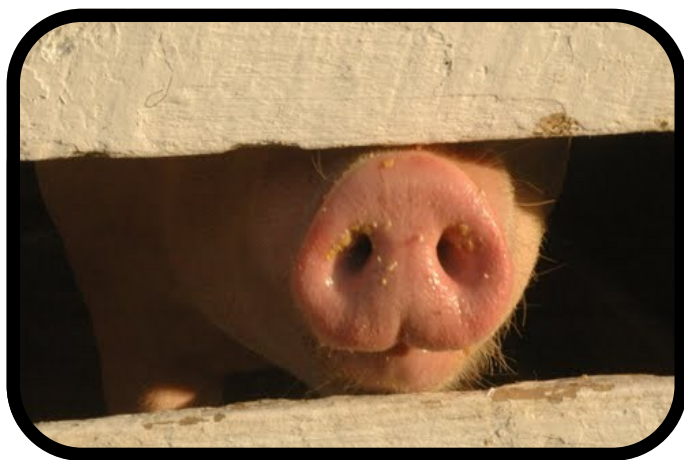


To participate in the 4-H Horse project, members must comply with the following:

- Have an updated **Horse Card** on file: by June 1. If you've changed horses or projects, please update your horse card.
- Have a signed **Horse Project Release** Form and a **Horse Helmet Policy & Acknowledgement** Form on file. Watch *Every Time, Every Ride* Video once every other year.
- **Assessments:** Each horsemanship manual has level assessments included in them. Review these with your horse leader (all horse members must have a horse leader that they're working with) and turn-in assessments when you're ready to move to the next level. Members will compete in the highest level completed and on file in the Extension Office. These are due by June 1st.
- **Clinics:** Members must attend at least one 4-H horse clinic a year. Approximately 5-6 clinics will be offered every year. Dates & subjects of clinics will be announced throughout the year.

Livestock Quality Assurance (LQA)

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior** (Jr. members = 8-12; Sr. members = 13-19). This year's LQA training dates are **Feb. 20 & March 18; 6-8pm**. Both will be at the Fairgrounds in the Country Kitchen. If you need to attend this year, please RSVP to the Extension office and tell us which class you'll be taking - 758-5553. If you're not sure if you have to attend this year, talk with your club leader or call the Extension office.



2014 MARKET LIVESTOCK SEMINARS

Hog Seminar = Weds., April 9th
Sheep Seminar = Tues., May 6th

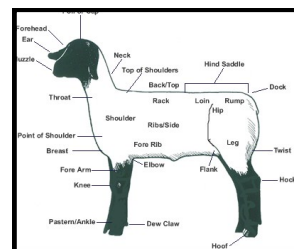
IF it is your first year to participate in the market, you **MUST** attend the livestock seminar for your species. All other members are encouraged to attend, but it's not mandatory.

Both hog & sheep seminars will be held in the Expo building on the fairgrounds from 6-8pm.



2014 MARKET LIVESTOCK TAGGING & WEIGH-IN's

Beef weigh-in = Monday, April 14th
Hog tagging & weigh-in = Monday, April 28th
Lamb tagging & weigh-in = Monday, May 19th



ALL animal projects receive 15% off related products!

This discount is good from the start of your animal project, through fair time. Steer, Hog, Lamb, Horse, Rabbit, Chicken, Goat, Llama etc... stop by CHS to sign up for your discount card when your project animal starts. Call Dallas @ CHS for details 406.755.7427

Champion of Champions Jacket program

Sign up for the Payback feed program, receive a free T-shirt, and be eligible to win a FREE Champion Jacket if your market Steer, Hog, Lamb, or Goat wins Grand or Reserve Champion. Full details are at CHS. Call Dallas @ CHS for details 406.755.7427

PAYBACK

2014 4-H Interstate Exchange Spaghetti Supper & Dessert Auction

The Annual 4-H Interstate Exchange Spaghetti Supper & Dessert Auction will be held on **Friday, March 28th, 2014**



WHERE? - THE CHRISTIAN CENTER: 255 Summit Ridge Dr, Kalispell

WHAT TIME? - Dinner starts AT 5:30pm, auction starts at 6:00pm

WHO SHOULD ATTEND? - EVERYONE is invited and encouraged to attend. This really AWESOME event is open to all our friends & family.

The 4-H club with the highest percentage of member attendance will win \$50 towards a club pizza party.

WHAT HAPPENS AT THIS EVENT? - A bunch of folks come together and fellowship with longtime & new friends as 4-H kids serve up a great spaghetti supper. We talk, laugh and eat, then we auction off some of the most AMAZING pies, cakes, cookies, candies and more. It's a TON of fun so don't miss it!!



IS THERE A COST? - Tickets are \$6 each or \$20 for a family of 4, and will be available for purchase starting in March.

All proceeds go toward hosting 4-H members from other states and sending 4-H members from the Flathead to different states. All with the goal of making new 4-H friends, obtaining life-skills, exchanging thoughts & ideas and creating lifelong memories.

CAN I BE IN THE 4-H INTERSTATE EXCHANGE PROGRAM? - YES!

We will host for a week in the summer of 2015 and travel during the summer of 2016, so if you will be 14-19yrs old by Oct. 1, 2016, you are eligible to join us. Call the Extension office for more info ~ 785-5553.

DON'T WAIT!! The sooner you get involved and help with fundraising, the greater chance you'll have all your travel expenses paid for by the time we fly out.

DON'T MISS THIS!!

Come join the 4-H Interstate Exchange program

There will be a 4-H Interstate Exchange meeting for

ALL THOSE existing & interested members on

Wednesday, January 15th at 5:45pm

3rd floor of the Earl Bennett Bldg (*the health dept bldg*)

If you are interested in learning more about this opportunity, or if you're already planning to be involved in Interstate Exchange, definitely plan to attend this meeting.

Our 4-H Interstate Exchange group will host 4-H'ers from another state during the summer of 2015, and we'll travel to that same state in 2016.

**If you will be between the ages of 14 & 19 during the summer of 2016,
this opportunity is available to you!!**

Fundraising entails working at the spaghetti supper and obtaining items for the silent auction during the fair.



Most recent exchanges have been with Kansas, Pennsylvania and Michigan. Possible upcoming exchange partners include: Florida, California, Maryland, Maine and (*possibly*) Hawaii.

Almost 100% of expenses can be raised for 4-H members to travel
***depending on their level of involvement, the number of participants and the total amount of funds raised.*



2014 Winter Teen 4-H Camp

Teen Camp Dates: February 14-16, 2014 (Friday-Sunday)
For youth Age 13-19

Loon Lake 4-H Camp - Ferndale, MT

Registration forms can be downloaded from the county website at:
www.flathead.mt.gov/extension/downloads.php

2014 State 4-H Horse Show

*ATTENTION 2014 State 4-H Horse Show Fans!
You have an opportunity to design the official
2014 State 4-H Horse Show book cover*

Entries must be original artwork received in the Flathead County Extension Office postmarked no later than **April 11th**. Entries should include original artwork and the 4-H clover and the year 2014 should be included in your design. Please complete the form below and send it along with your submission to:

Flathead County 4-H Extension
1108 South Main Street
Kalispell, MT 59901
tammy.walker1@montana.edu
(406) 758-5553 phone



Contestants must be 4-H members in the State of Montana, and all entries must have a parent's signature. The winner will be notified by phone after April 30th. All designs will be displayed at the Horse show and the winning design will be used as the official 2014 State 4-H Show design. There is no limit on entries per person. Entry forms can be downloaded from the county web-site at: www.flathead.mt.gov/extension/downloads.php

Need help paying for 2014 State Horse Show? We can help!

If a sponsor submits a donation with your name, you can deduct 10% of the donation off of your registration and class entry fees. ******PLEASE NOTE:** You'll still need to pay for stall fees, BBQ, camping and/or clothing expenses that you accrue.

For example, if you solicit \$1000 in donations, you will receive \$100 credit toward your registration & class fees. If your fees only total \$78, the balance may be applied to immediate family members. Credit balances cannot be used for extended family members, but they can be used within immediate families for siblings.

go to: www.flathead.mt.gov/extension/downloads.php for forms

We recommend you write your name & phone number on the sponsor form before handing it to them. That way you'll be sure that section is completed correctly. Once received, we will mail the sponsor a receipt and give you a call letting you know how much you can put toward your registration & class fees.

**Many businesses budget their donations at the beginning of the year, so now is the time to start talking with folks.



All 4-H horse project members must attend at least one county horse seminar before August to be eligible for competition.

UPCOMING HORSE SEMINARS

Feb. 24 - 7pm

Equine Nutrition

Call Chris Scott for more info:

261-9454

March 9

Showing A Step Up

more info to come

April

*Problem-Solving Through
Ground Work*

April

Working Ranch Horse

May 9-10

Horse Camp

More clinics TBA later...



Upcoming 4-H Meetings and Special Events



Upcoming Activities & Other Meetings

- ◇ **Winter Teen Camp:** Friday, February 14—Sunday, February 16 at Darrell Fenner 4-H Camp in Loon Lake.
- ◇ **Interstate Exchange Mtg:** Wednesday, January 15 at 5:45pm on the 3rd floor of Earl Bennett Bldg (Health Dept).
- ◇ **Foods Fair:** Saturday, January 18 in place by 9:30, judging at 10:00 am at the Kalispell Center Mall.
- ◇ **LQA:** February 20 & March 18 from 6-8 pm at the Fairgrounds Country Kitchen.
- ◇ **Interstate Exchange Spaghetti Supper & Dessert Auction:** Friday, March 28 at 5:30 pm at The Christian Center.
- ◇ **Rec Lab:** April 4-6. Butte
- ◇ **State Horse Show Cover Art Contest:** April 11 deadline.
- ◇ **Hog Seminar:** Wednesday, April 9 from 6-8 pm at the Fairgrounds Expo Building.
- ◇ **County Congress:** April 12.
- ◇ **Beef weigh-in:** Monday, April 14.
- ◇ **Hog tagging & weigh-in:** Monday, April 28.
- ◇ **Sheep Seminar:** Tuesday, May 6 from 6-8 pm at the Fairgrounds Expo Building.
- ◇ **Loon Lake Camp Clean-Up:** May 3.
- ◇ **Horse Camp:** May 9-10.
- ◇ **Sheep tagging & weigh-in:** Monday, May 19.
- ◇ **Lamb Camp & Jackpot:** June 6-8 in Bozeman.
- ◇ **State Congress:** July 8-11 in Bozeman.
- ◇ **Flathead 4-H Camp:** July 21-25.
- ◇ **NW MT Fair:** August 9-16.
- ◇ **Achievement Banquet:** August 30.
- ◇ **State Horse Show:** September 12-14.

Forums, Committees & Councils

- **Horse Committee:** Monday, Jan. 13 at 5:45pm on the 3rd floor of the Earl Bennett Bldg.



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.



The Extension office
will be closed from

Dec. 25th – Dec. 27
and on Jan. 1, 2014



MSU Extension Service – Flathead County

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Agriculture, Natural Resource & Community
Development Extension Agent

Tammy Walker

4-H & Youth Development Agent

Dee Dryden-Cooper

Support Staff

Nancy Roberts

SNAP Educator

Linda Watters

Cherry & Grape Research Assistant

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Kalispell, MT 59901

Phone: (406) 758-5553

Fax: (406) 758-5881

Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msueextension.org

www.montana4h.org

SNAP Recipe of the Month



Broccoli Chicken Divan

Prep time: 20 mins. Cook time: 20 mins.

Ingredients:

1 lb. fresh broccoli
1 ½ cups cubed, cooked chicken
1 (10.75 oz.) can condensed cream of broccoli soup
1/3 cup milk
½ cup shredded Cheddar cheese
1 TBSP butter, melted
2 TBSP dried bread crumbs

Directions:

Preheat oven to 450F.
Place the broccoli in a saucepan with enough water to cover. Bring to a boil, and cook 5 mins or until tender. Drain.
Place cooked broccoli in a 9" pie plate. Top with chicken. In a bowl, mix soup and milk and pour over chicken. Sprinkle with Cheddar cheese.
Mix melted butter with the bread crumbs and sprinkle over cheese.
Bake in a preheated oven for 15 mins. or until bubbly and light brown.

Nutrition facts:

Calories: 186
Sodium: 440 mg
Carbohydrates: 12.2 g
Fat: 8.5 g
Fiber: 2.5 g
Protein: 15.5 g



Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jill Martz, Interim Director of Extension, Montana State University, Bozeman, MT 59717